The one goal that counts

England gets 1-0 victory over Ukraine amidst controversy over a disallowed goal in Euro 2012 PAGE 13

GULP — SAVE OUR SEAS

WAYS TO STOP TRASHING OCEANS ON UN'S RIO+20 CONFERENCE AGENDA PAGES 4 & 5

SASKATOON metro®

Wednesday, June 20, 2012

News worth sharing.

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Riders to reassess: Chamblin

Shakedown. Following last week's blowout loss to the Lions, coach says 'some things ... need to be sorted out'

JEFF MACKEY
jeff.mackey@metronews.ca

Quoted

"That is why it is going to be very interesting, where there are some guys competing for positions on the defensive side and ... at the tackle spot.

Roughriders coach Corey Chamblin

At the Roughriders practised on Tuesday the big question was: Who will be starting in Friday's pre-season game against the Calgary Stampeders at Mosaic? After last Wednesday's disappointing 44-10 loss to the B.C Lions, the Riders need to figure out their winning formula before the regular season starts on June 29.

The Riders are a very different team than they were at the end of last season. With so many new faces and with a new coach, competition has become much more open than in other years. Friday's first team could very well give us a good idea of what the Riders' starting lineup for the regular season will be.

Coach Corey Chamblin said that his first team will be playing "probably till the beginning of the third quarter, so they are going to be getting enough action to get ready for this first game."

That said, who will be in each position is still not set in stone.

"There are still some things that need to be sorted out here," said Chamblin. "That is why it is going to be very interesting, where there are some guys competing for positions on the defensive side and, like I said, at the tackle spot."

Another interesting battle is in the running-back position. Chamblin will have to decide between newcomer Kory Sheets, who was one of the few positives from last Wednesday's game against the B.C Lions, or second-year running back Brandon West.

"I will make sure to rotate those guys as much as possible," said Chamblin. "That is one of those areas where it won't be one guy going all the way to the third."

The Riders have another practice tomorrow at the University of Regina field and on Thursday they will be conducting a walk-thru of Mosaic stadium.

Follow Jeff Mackey on Twitter @MetroJeffMackey

While Roughriders head coach Corey Chamblin has said that quarterback Darian Durant will likely be playing most of the game Friday, players like quarterback Levi Brown, right, are still battling for a chance to prove themselves and move up on the roster during training camp. JEFF MACKEY/METRO

We stress less, but ...

People in Saskatchewan aren't as healthy as the rest of Canada, data shows PAGE 3

Not-guilty plea for Magnotta

In a video-link appearance at a Montreal courtroom, suspected killer asserts innocence PAGE 6

A Brave history lesson

Teams from Pixar sought inspiration in Scotland when making the animated film, out Friday PAGE 11

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Health survey

We may not be as healthy, but we are less stressed

According to data from Statistics Canada's 2011 Canadian Community Health Survey, people in Saskatchewan aren't as healthy as the rest of the country but are feeling less stress.

The percentage of occasional smokers in Saskatchewan jumped from 4.3 per cent in 2010 to 5.6 per cent in 2011. However, the national average for occasional smoking decreased by 3.3 per cent from 2010 to 2011. Both Saskatchewan and the country saw a decline in the number of daily smokers.

The percentage of people who consume five servings of fruit and vegetables in Saskatchewan fell from 40.1 per cent in 2009 to 33.3 per cent in 2011. Only Manitoba, Alberta and the Northwest Territories reported an increase in the percentage of people eating more fruits and vegetables.

Almost every province and territory reported an increase in the percentage of people who consume five or more alcoholic beverages during one outing at least once a month. And Saskatchewan reported the second-highest increase, jumping 18.4 per cent from 2010 to 2011.

Despite this, Saskatchewanians perceive themselves as less stressed. Only 18.8 per cent of respondents said they had a lot of life stress, which is lower than the national average of 23.9 per cent.

Saskatchewan is also becoming more active with 55.1 per cent of respondents saying they are moderately active to active during leisure time. Nationally, only 54.8 per cent of respondents say they are active at the same levels.

JANE CAULFIELD/METRO

Downtown Saskatoon, just outside Midtown Plaza, on Tuesday afternoon. MORGAN MODJESKI/METRO

City plots course for growth over 35 years

Target. Refined growth plan to be ready by November, with construction starting late 2013, early 2014

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatoon's Integrated Growth Plan (IGP) was presented to the city's municipal planning commission on Tuesday and those working on it say future versions of the plan will shape Saskatoon over the next 35 years.

According to Alan Wallace, manager of planning and development with the city, the IGP was introduced to council as a concept based on public feedback in March and this set in motion a "process to redo Saskatoon's growth plan" to meet a population of 500,000.

"We felt from Saskatoon Speaks that we had to develop our city in a different way and this is the first deliverable," said Wallace. "This shows a map to 500,000 people and lays out a strategy and a budget, between now and 2015, to basically bring the Integrated Growth Plan into reality."

The IGP outlines nine strategies to help Saskatoon grow including infill corridors, development of a citywide land-use plan for employment areas and establishing a rapid mass-transit corridor.

"We've formed ourselves into four teams and between now and November we'll come up with a refined growth plan," said Wallace, adding the refined plan will include specific details on the strategies.

However, Bob Patrick, chair of the University of Saskatchewan's regional and urban planning program, said even though the integrated plan is "proactive," he feels the city is focusing too much on the suburbs and not enough on the downtown core.

"I think what the city and what the planners need to rustle with is whether we're going to improve transit with these transit corridors and urban infill, so attention to the core areas — or are we going to continue sprawling outwards," said Patrick.

"(The IGP) is really doing both and that risks doing neither one well and that's a bit of a concern."

Wallace noted the IGP focuses on increasing density in the city's core and growth in the city's new neighbourhoods.

Due date

The refined growth plan will be delivered to council by November with needed amendments to start construction, expected by late 2013 and early 2014.

1 NEWS

On the web

'Octomom' facing home foreclosure

'Octomom' Nadya Suleman's California home was put up for auction Tuesday, but there were no bids, so it's been returned to the bank for foreclosure. Go to metronews.ca to learn more.

Mobile news

A notice on Korean Air's website announcing the start of non-stop flights from Korea to Kenya sparked a flurry of angry tweets and Facebook posts earlier this week over the description of Kenyans as indigenous people full of "primitive energy." Scan the code for more.

RIO+20 IS SENDING OUT

Environment. Metro talks to the Blue Marine Foundation and other experts about how to stop trashing our oceans

MICHELLE CASTILLO
Metro World News

From June 20 to 22, leaders, officials and advocates from the private and public sectors will meet in Rio de Janeiro for the United Nations' Conference on Sustainable Development, otherwise known as Rio+20. Topics up for discussion include how to solve global poverty, social inequality and the destruction of the environment.

Easy, right? Yeah, sure.

But those planning to attend say the gathering will make a difference, especially for marine advocates. "Rio can go a long way to help our oceans," says Charles Clover, chairman of the Blue Marine Foundation. His organization, which worked with Metro to put together this feature, was created in 2010, and aims to "create marine reserves and private-sector solutions in the sea, which enable fisheries to be restructured to promote sustainable fishing."

Clover says the task is a vital one because the reserves keep fish and other wildlife safe from the destruction wreaked on them almost everywhere else in the oceans by fishing fleets and problems including climate change and pollution. Fishing sustainably also means fishermen can earn a living now and in the future.

"What we really want and need from Rio," Clover says, "is a ratified system of governance for the high seas which would replace the present lack of fishing regulations. They encourage a devastating free-for-all. As part of this, we want Rio to make it possible to create marine reserves in international waters, something that just can't be done as things stand but which is desperately important."

Blue Marine not alone

Another group with an agenda for positive change is the International Ocean Institute (IOI), based in Malta. The nonprofit group hopes to convince nations at Rio to adopt policies to protect our big blue wonders.

"Perhaps Rio can be the wake-up call to the unconscionable attitude humans have toward the ocean, and that our very survival depends on bridging the governance deficit in managing our ocean," says Dr. Awni Behnam, president of IOI.

Pollution is his main concern. Behnam estimates that more than 46,000 pieces of plastic are floating in every square mile of ocean. The concentration is especially high in the North Pacific Gyre in an area known as the Great Pacific Garbage Patch.

Ocean currents push all the trash into this area, even if the pollution was deposited from other parts of the world. It's also why scientists see garbage in the most remote parts of the Arctic, more than 1,000 kilometres away from major populations.

"The human-trash problem is not just a cleanliness issue per se, but a really insidious problem," says Steve Gittings, science co-ordinator for the National Oceanic and Atmospheric Administration's National Marine Sanctuary Program, a U.S. government organization.

Not only does the garbage not break down, but it's also invisible, says Dr. Simon Boxall of the National Oceanography Centre. "This isn't some big pile of bags and bottles that we can go and scoop up. It's microscopic dust particles, as the bigger items break down mechanically," he says.

The overall pollution in our environment leads to climate change and ocean acidification, which occurs when the pH level rises, making the water more acidic. Dr. Scott Doney, a senior scientist of marine chemistry and geochemistry at Woods Hole Oceanographic Institution in Woods Hole, Mass., says it occurs when humans burn fossil fuels, producing carbon dioxide, which is absorbed by the ocean and changes the seawater chemistry.

"There aren't any specific human health issues that have come up yet, but what's concerning is that a lot of plants and animals that people depend on appear to be sensitive to changes," Doney says.

So, to sum up...

Overfishing, pollution, climate change — heavy stuff. The key is getting governments on board to help change laws to make regulation easier. "Climate change, for example," Gittings says. "No one seems to want to step up and make the major policy decisions. It's a tricky and costly one."

Organizers hope the Rio+20 conference will provide the push governments need to take action.

Watch The End of the Line

Blue Marine Foundation co-founders George Duffield and Chris Gorell Barnes produced the award-winning documentary The End of the Line. To learn more and to watch the film, go to bluemarinefoundation.

A father and daughter survey the BP oil spill in the Gulf of Mexico. GETTY IMAGES

A man-made threat. How we create toxic algae

Watch where you throw out that empty plastic pop bottle! Up to one million seabirds and 100,000 mammals die each year from trash-related problems, the IOI says. Bags routinely choke turtles and seagulls, and if they ingest plastic pieces, it can act as a magnet for other contaminants that cause cancer.

Another issue: Hypoxia eutrophication — which has been attributed to the rise in agricultural chemicals, industrial byproducts and waste from population growth — depletes oxygen in our oceans and causes conditions for harmful algae to proliferate. As animals die and the algae use up all the available oxygen (releasing more carbon dioxide in exchange), this creates what Lisa Levin, director of the Scripps Center for Marine Biodiversity and Conservation, calls oxygen "dead zones." That's a term you never want to hear when about to go for a swim. METRO

Let's think about the impact next time we drive. THINKSTOCK

Need for speed. Drilling has us tearing up seabed

Demand for fossil fuels is driving more companies to drill for oil under the sea. Besides the noise pollution that affects animals that depend on sonar and vocalization to communicate, drilling brings in other contaminants and extra boat traffic, changing the animals' habitat.

"Deep-sea oil and gas and energy extraction already has the potential for major accidents," says Lisa Levin the Scripps Center. "Now, mining companies are set to mine precious metals in the deep ocean. They target countries with limited regulations when it comes to the deep sea."

Through current legislation has created some worldwide marine protectorates, and some countries have taken steps to protect their oceans through clean-seas acts and laws that regulate ship waste, not much will change unless people are willing to change their habits. METRO

AN SOS: SAVE OUR SEAS

In need of a lifeline

Who killed all the fish?

In the 19th century, visitors to European coastal resorts were often greeted with the sight of huge skates hanging from wooden stakes along the shore, some the size of dining tables. The meat of these fish was considered too tough and rank to be eaten fresh, but a few days in the open air softened them up nicely.

Such giants are unfamiliar to modern shoppers because there are virtually none left. Even by the mid-19th century they had begun to decline as bottom trawlers dragged their nets across ever larger areas of seabed, and hook-studded longlines stretched farther.

The common skate is but one of dozens of fish that have come and gone from markets in the past century. Fisheries the world over made the revolutionary transition to engine power in about 1900, allowing boats to deploy bigger nets and fish deeper and farther offshore.

Add fast-freezing to the package — an invention of American entrepreneur Clarence Birdseye in the 1920s — and fishermen were freed to move into the haunts of exotic new species.

Rachel Carson, whose book Silent Spring started the environmental movement 50 years ago, wrote a pamphlet in 1943 urging housewives to try new fish species. Two of her picks, the rose fish and the wolf fish, enjoyed a brief boom in catches. But stocks rapidly collapsed and they are scarce today.

Orange roughy, another deepwater fish, burst onto markets in Australia and then across the world in the 1980s when huge stocks were discovered 1,000 metres down, only to collapse a few years later.

There is a good chance that a recent favourite from Antarctic waters, the Patagonian toothfish, known as Chilean seabass to North Americans, will soon follow the roughy's fate.

Elsewhere, the ongoing collapse of the bluefin tuna — the world's most expensive fish — could see them disappear from the table within a few years.

In an oft-repeated pattern, big predators such as bluefin decline quickly and are replaced by animals from lower down the food chain, like prawns and squid. In the past, we shunned these species and threw them back or used them as bait.

Some kinds of seafood have boomed, busted and made a comeback as fish farms have spread, such as oysters which were popular among common people before the end of the 19th century but in the early 20th century most stocks had collapsed from overfishing, disease and pollution. Today fresh oysters are back on the menu, as sweet and delicious as ever.

Unless overfishing is brought under control, we will see further losses of common seafood species, and many scientists predict a future in which we must eat jellyfish or plankton for want of anything else.

TOGETHER WITH BLUE MARINE FOUNDATION and The End of the Line (endoftheline.com)

PROFESSOR CALLUM ROBERTS
Trustee of the Blue Marine Foundation and author of Ocean of Life: How our Seas are Changing

The stats

17x

Fishing vessels have to put in 17 times more effort today than in 1889 to catch the same quantity of fish in U.K. waters. Source: Professor Callum Roberts, University of York, U.K.

79.7M

79.7 million tonnes of fish were caught at sea in 2009. When farmed and inland fish are taken into account, more than 145 million tonnes were produced, of which 117.8 million tonnes were eaten by people. Source: UN Food and Agriculture Organization (FAO)

15.7%

On average, every person in the world ate 17.2 kilograms of fish in 2009. It accounted for 15.7 per cent of the global intake of animal protein. Source: FAO

4.3M

In 2009, there were 4.3 million fishing vessels worldwide. Of these, 59 per cent were powered by engines, the rest by sails or oars. Source: FAO

28%

28 per cent of the world's fisheries are over-exploited, 3 per cent are depleted and 1 per cent are recovering. 50 per cent are fully exploited but only 3 per cent are under-exploited while 12 per cent are moderately exploited. Source: FAO

24 tonnes

In Asia each fisherman produces 2.4 tonnes of fish annually. In North America the average fisherman produces 18 tonnes annually. In Europe the average fisherman produces 24 tonnes. Source: Blue Marine Foundation

The Rio+20 headlines

Among the topics to be discussed at this year's conference...

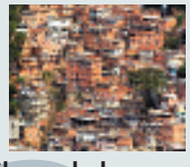
KIERON MONKS
Metro World News

1 Toxic oceans

Acidification and resource depletion of the world's seas will be addressed at a dedicated Oceans Day. Themes will include how to deal with disasters such as the BP Gulf of Mexico oil spill.

2 The $4-trillion question

The UN hopes to sign up 7,000 businesses to invest in clean technology that will have an estimated value of $4 trillion US.



3 Slum rehab

Host country Brazil has led the way in building economic hubs in shantytowns, establishing construction and waste-management groups. Other nations will explore ways to solve poverty and develop infrastructure.

4 BRIC party

This year's conference is driven by Brazil, Russia, India and China — the newly advanced economies known collectively as BRIC. It's an opportunity for new players to gain influence.

5 Collapse?

At press time, only 20 per cent of the Rio+20 draft text agreement had been finalized, amid reports of deep divisions, which led WWF director Jim Leape to predict either a "meaningless agreement or complete collapse."

Magnotta pleads not guilty in his first court appearance

Body-parts case. One day after arriving from Germany, accused killer is impassive in video link

Luka Rocco Magnotta has pleaded not guilty in the body-parts case, appearing calm Tuesday in his first court session.

Projected into the Montreal courtroom by video link, Magnotta protested his innocence in the slaying-and-dismemberment case that has drawn world attention.

His appearance lasted about three minutes.

Magnotta was impassive as he appeared onscreen at the courthouse.

Actually, he was standing at a police station in a different part of the city, flanked by a guard.

The 29-year-old murder suspect had arrived in Canada the previous day, shackled as he was returned from Germany aboard a military plane.

Magnotta, a self-described porn actor and prostitute, faces five charges, including first-degree murder, defiling a corpse, and harassing Prime Minister Stephen Harper and members of Parliament, as well as publishing and mailing obscene material.

He is accused of killing and dismembering Montreal university student Jun Lin, mailing out his body parts to different places, including the Ottawa offices of the Conservative Party of Canada, and posting a video of the events on the Internet.

Appearing before Justice Lori-Renee Weitzman, Magnotta pleaded not guilty through his lawyer Pierre Panaccio.

The case returns to court on Thursday, again by video.

The Crown has assigned two of its most seasoned prosecutors to the case — Louis Bouthillier and Helene Di Salvo. Bouthillier said he doesn't worry about finding an impartial jury to hear the case.

THE CANADIAN PRESS

Facing justice: Luka Rocco Magnotta sits in a van in Mirabel, Que., after arriving from Germany Monday. MONTREAL POLICE/THE CANADIAN PRESS

Hosni Mubarak on life support, adding to uncertainty in Egypt

Egypt's Hosni Mubarak was being kept alive by life support after he was rushed from prison to a military hospital in a rapidly worsening condition, officials said. The 84-year-old ousted leader's health crisis added a new element of uncertainty just as a potentially explosive fight opened over who will succeed him.

The state news agency MENA said Mubarak was "clinically dead" when he arrived at the hospital and that doctors used a defibrillator on him several times. It initially said the efforts were not successful.

But the official said Mubarak was put on life support. He had no further details on his condition. The official spoke on condition of anonymity because he was not authorized to talk to the press.

The developments add further layers to what is threatening to become a new chapter of unrest and political power struggles in Egypt, 16 months after Mubarak was ousted by a popular uprising demanding democracy. Egyptians were uncertain about Mubarak's fate, about who will succeed him and about whether his successor will have any power.

An Egyptian man chants slogans against the Supreme Council for the Armed Forces (SCAF) outside the Egyptian parliament in Cairo on Tuesday. MANU BRABO/THE ASSOCIATED PRESS

The campaign of Mubarak's former prime minister, Ahmed Shafiq, said Tuesday he has won Egypt's presidential election, countering the Muslim Brotherhood's claim of victory for its candidate, Mohammed Morsi.

The election commission is to announce the official final results on Thursday and no matter who it names as victor, his rival is likely to reject the result as a fraud. If Shafiq is declared winner in particular, it could spark an explosive backlash from the Brotherhood.

Hosni Mubarak THE ASSOCIATED PRESS

The Brotherhood, Egypt's most powerful political group, is already escalating its challenge against the ruling military over the generals' move this week to give themselves overwhelming authority over the next president.

Some 50,000 protesters, mostly Islamists, massed in Cairo's Tahrir Square on Tuesday evening chanting slogans in support of Morsi and denouncing the generals' power grab.

THE ASSOCIATED PRESS

Syria. Government ready to evacuate besieged Homs

Syria's government said Tuesday it was ready to act on a UN call to evacuate civilians trapped in the rebellious central city of Homs for more than a week, but blamed rebels for obstructing efforts to get them out.

Maj.-Gen. Robert Mood, chief of the UN observer mission in the country, has demanded that all warring parties in the conflict allow safe passage for women, children and sick people who need to leave the city and other combat zones.

Activists said shelling and clashes between rebel fighters and troops in Homs continued unabated Tuesday, underlining the difficulty in organizing any sort of evacuation. Fierce shelling was reported on the rebel-held districts of Khaldiyeh and Jouret el-Shayeh and nearby areas. Troops backed by helicopter gunships were also bombarding the town of Rastan, north of Homs, which is controlled by rebels.

The Britain-based Syrian Observatory for Human Rights reiterated an urgent appeal for world leaders to intervene to stop the shelling that has trapped more than 1,000 families and "the systematic killings that the Syrian people in Homs are being subjected to."

A Foreign Ministry statement carried by state-run news agency SANA said the government has contacted the UN observer mission and local authorities in Homs to start efforts to bring out the trapped civilians.

"But the efforts of the UN monitors' mission failed in achieving this goal because of the armed terrorist groups' obstructions," the statement said. It charged that armed groups were using innocent civilians as "human shields."

THE ASSOCIATED PRESS

Trapped

Activists say around 1,000 families have been trapped by ongoing government assaults in Homs.

- The UN said Saturday its 300 observers based in Syria were suspending all missions because of concerns for their safety after fighting intensified over the previous 10 days.

Canada leaves G20 with invite to trade talks

Summit ends. World leaders call on Europe to take action on eurozone's continuing financial crisis

Prime Minister Stephen Harper leaves the G20 summit in Mexico with an invite to pull up a chair at major trade talks, and newfound confidence that Europe will take bold action to get its economic house in order.

The two-day summit closed Tuesday with leaders of the world's 20 most important economies urging their European counterparts to break the vicious circle of debt-burdened banks and cash-strapped countries.

Even though Europe was at the top of everyone's mind at the summit, behind the scenes Canadian officials were trying to wrap up a long-standing negotiation with the Americans.

Canadian officials met late into Monday night with representatives from the United States. The prime minister followed up Tuesday morning with a one-on-one meeting with U.S. President Barack Obama.

Harper then announced Canada has been asked to sit at the negotiating table for the proposed Trans-Pacific Partnership.

"Opening new markets and creating new business opportunities leads to jobs, growth and long-term prosperity for all Canadians," the prime minister said in a statement.

The announcement came a day after G20 host nation Mexico was invited to join the talks.

Nine countries are currently negotiating a free-trade pact that many feel will have more economic strength than the North American Free Trade Agreement.

THE CANADIAN PRESS

Market Minute

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YOU HAD ME AT 330 POUNDS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Open letter to Rob Ford, mayor of Toronto:

OK, as PR campaigns go, "Cut the Waist" collapsed under its own weight.

It's hard enough pledging to lose 50 pounds in five months, never mind with the whole nation looking on and making fun.

And then, whenever you do turn up to weigh in, a bunch of media jackals pound you with rude questions about transit and budgets.

It's even harder when you fall off the scale on the final weigh-in, 33 pounds from your goal, as the peanut gallery laughs even harder.

We can all relate, Rob

"In fact, according to the United Nations, three-quarters of North Americans are overweight. You're not alone."

But I want you to know: You're my inspiration, Big Guy.

Look, you're not the mayor of Toronto because you're the intellectual heir to Albert Einstein. You're the mayor of Toronto because regular people can relate to you. And regular people struggle with their weight. In fact, according to the United Nations, three-quarters of North Americans are overweight.

You're not alone.

Take me, for instance. I'm a meat yo-yo. I find it easy to lose weight … and I find it even easier to put it back on again. In January, when you joined your brother Doug and pledged to lose 50 pounds, I was 40 pounds overweight and contemplating a trip to Mr. Big and Tall for a wardrobe upgrade.

I figured if the Big Guy could wrap his meaty paw around a stick of celery, well, so could I. And as you took the heat, I got out of the kitchen. Since January, I've lost 31 pounds and "Freedom 40" is in sight. Plus I've managed to get on and off the scale without injuring myself. Bonus.

Although I've managed to keep my jaw shut at key moments, it hasn't been easy. You were subject to ridicule when you were discovered slinking out of KFC. Let me say that I am haunted daily by KFC. I could eat a whole family bucket of that stuff and then hit the fries and gravy.

And it's not just KFC. That A&W Root Bear relentlessly pursues me with discount coupons. And every day at quittin' time, the hungriest time, I have to walk past the best pizza joint on the planet and all those succulent slices laid out on the slab. The aroma alone is fattening.

The glass is half empty, and that's a good thing. You're 13 pounds lighter than you were in January. You proved to yourself and the rest of Fat City that you can lose weight if you put your mind to it.

Keep going. Do it for yourself, and no one else.

And I'll see you on the skinny side.

Toronto Mayor Rob Ford had his final weigh in Monday, where he missed his weight-loss target by 33 pounds and then fell off the scale.

PAWEL DWULIT/TORSTAR NEWS SERVICE

Saved by royal appointment

GETTY IMAGES

Rhino conservation

Prince condemns horn poachers

In a rare interview, Prince William has condemned people involved in the illegal trade of rhino horns as "extremely ignorant, selfish and utterly wrong." He was speaking in Port Lympne Wild Animal Park in Ashford, Kent, southeast England, to meet three endangered black rhinos before they were reintroduced into the wild in Tanzania. METRO

The Prince's speech

- **It's all about education.** "My message to them is simply 'Stop'.... It's a message about educating people and understanding that when you buy that rhino horn, or when you buy that ivory, you are taking this from an animal that has been slaughtered for this decorative ornament you have on your mantelpiece and you have at home — is that really what you desire and what you feel is right in the world?"

Rhinos in numbers

4,800

black rhinos are left in the wild in Africa, with experts saying the animal is being slaughtered at the rate of two a day.

Illegal trade

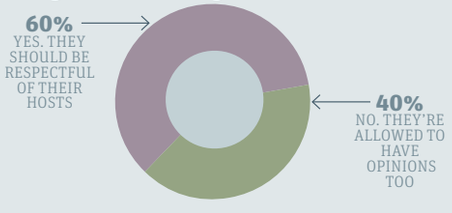
Demand puts rhinos on brink

Black rhinoceros, native to eastern and central areas of Africa, have been poached to the brink of extinction due to the demand for their horn, both for use in Chinese traditional medicine and for traditional Yemeni dagger handles. Experts estimate that around 95 per cent of the black rhino population has been lost. A single horn can fetch $250,000 US. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do celebrities who diss the city they are filming in deserve to get flak for it?



Twitter

@thomsonjennifer: @WestJet thanks for encouraging your staff to be so energetic and enthusiastic. They made my flights from #YEG to #YXE (& back) enjoyable!

@StaceyZbeetnoff: I am so excited. Got an email saying that I've been selected to be a volunteer at the 2012 @ CCMA_76 Awards in #yxe ! #countrymusic

@kamikazeecanuck: On Friday the tornados made more touch downs than our Roughriders! #yxe

@jeffdotca: Instead of "I love lamp" in #yxe it's "I love swale"

@heymatheson: I love #yxe. I also enjoy watching #yxecc. So much so that I am procrastinating going on the treadmill. #nerd

metro
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Brave tells the story of a Celtic princess who rebels against her mother. Scottish actress Kelly Macdonald voices Merida, the film's anti-princess. DISNEY/PIXAR/THE ASSOCIATED PRESS

Fairy tale revamp: Damsels in distress a thing of the past

Brave girls. The new generation of movie princesses do so much more than wait for Prince Charming to save the day

IN FOCUS
Richard Crouse
scene@metronews.ca

When one thinks about movie princesses a few names come top of mind: Snow White, Cinderella, Aurora and Belle. This fab four have come to define what being a movie princess is all about. Or at least they used to.

Once upon a time a movie princess was a damsel in distress, swathed in pink and jewels, waiting for Prince Charming to come to the rescue.

Lately, however, the movies have given us a different kind of princess, one who is more into grrrl-power than girly-girl.

Mark Andrews, the co-director of this weekend's cinema release Brave, the story of a Celtic princess who rebels against her mother, calls the movie's lead character "an anti-princess."

"She's an active and action-oriented person," he says. "She wants to get out in the outdoors of the Highlands, escaping from castle life and exploring the woods."

Brave isn't the first movie to shatter the stereotype of the pretty pink princess.

According to Roger Ebert, Ariel, the teenage mermaid princess of The Little Mermaid, "is a fully realized female character who thinks and acts independently, even rebelliously, instead of hanging around passively while the fates decide her destiny."

In other words, she still marries her prince charming, but for the first time a Disney princess gave a lesson in independence and had a hand (or fin) in deciding her fate.

The success of that movie led to a new batch of princesses who were empowered and could look after themselves and others.

Pocahontas was an adventurous princess who put her own life at risk to stop a war between her people, the Powhatans, and the British settlers, and the fiery Mulan broke gender boundaries by enlisting in the army and saving China from total devastation at the hands of the Huns.

Jasmine, the daughter of the wealthy Sultan of Agrabah and the princess at the heart of Aladdin, didn't fight off invaders but she did do something that made her unique in the Disney princess world.

Tired of life in the royal palace, instead of waiting for rescue, the independently minded noblewoman made her own way, even deciding to marry a commoner rather than a prince.

But not all anti-princesses are animated.

The recent mega-flop John Carter featured Martian Princess Dejah Thoris (Lynn Collins) who, despite falling for the prince charming title character, was also a warrior and a scientist who wasn't afraid to stand up for things she believed in.

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2 SCENE

Scene in brief

Ever wanted to see Shia LaBeouf naked?

If Sigur Ros' new video were a movie, it might merit an NC-17 rating. For the band's clip of Fjogur Piano released Monday, Transformers star Shia LaBeouf appears naked. Alma Har'el directed the video. It is part of a series being created for the band's latest album Valtari. The video also features female nudity, dancing, an octopus, lollipops and trippy images. Band bassist Georg Holm said the director and LaBeouf collaborated on the idea for it. Holm described it as "absolutely amazing." Videos don't come with ratings. But the Sigur Ros video does have a warning for its content before it begins. THE ASSOCIATED PRESS

On the web

Justin Bieber proves too hot for Apollo Theater as power goes out

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Saskatoon, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2012. PLEASE QUOTE: "Office Manager - Saskatoon" in the subject line. All submissions will be treated as confidential.

metro

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Charlie Sheen preparing for retirement

Charlie Sheen insists that his new series, Anger Management, will be his last gig before retiring.

"When I'm done with this business it's just going to be about soccer games and amusement parks," Sheen tells the New York Times.

"And when this ends, I'm done. This is my swan song."

Aside from looking forward to spending more time with his kids, Sheen is also excited to have something else after Two and a Half Men, which "wasn't meant to be my legacy," he says. "This is."

Of course, the show may not end anytime soon. While only 10 episodes of Anger Management have been filmed, if the network decides to keep it, they'll immediately order 90 more, thanks to Sheen's one-of-a-kind contract.

METRO

Mark Wahlberg

Wahlberg hints at Entourage flick

Fans of HBO's inside-Hollywood series Entourage can rest easy. Executive producer Mark Wahlberg confirms to the Today Show that a movie spin-off for the show is in the works, with creator Doug Ellin hard at work on a script.

The series ended after eight seasons with all the main characters finding happiness — including Hollywood agent Ari, played by Jeremy Piven, ditching his job to reconcile with his wife — but Wahlberg suggests that won't last.

"The dream job (Ari) got offered is too good to pass up," Wahlberg teases.

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1 Dunnottar Castle

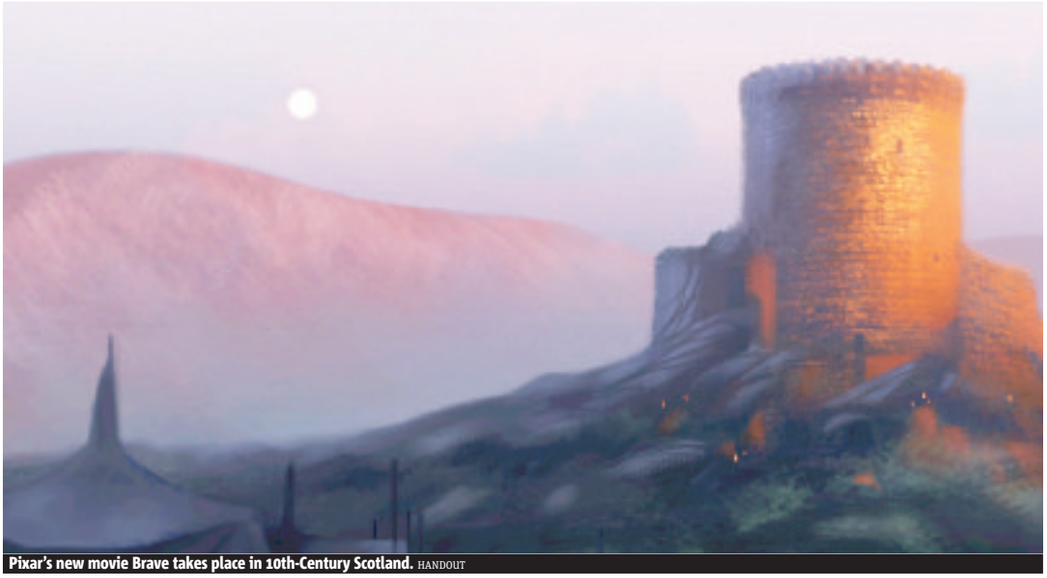
A ruined medieval fortress on the northeast coast of Scotland dating back to the 15th and 16th century.

2 Glen Affric

The quintessential mysterious Scottish forest, this nature reserve in the Highlands is possibly the best example of a glen, with moss and heather covering the ground.

3 Isle of Skye

The largest island of the Inner Hebrides, the Isle of Skye is rife with both folklore and sweeping Highland landscapes. Highlights include the enchanting Faerie Glen, the odd-shaped rock formations of the Quiraing and the 200-foot cliff Kilt Rock.



Pixar's new movie Brave takes place in 10th-Century Scotland. HANDOUT

Home of the Brave

Scotland. Latest Pixar film inspires travel to historic Scottish sites

NED EHRBAR
Metro World News in Hollywood

An animated film may seem like odd inspiration for a vacation, but the folks behind Pixar's latest, Brave, put such painstaking work into digitally recreating Scotland that you won't be able to help but want to go visit. After all, the filmmakers can't have all the fun.

Teams from Pixar headed to Scotland twice during preparation for the film, first to find inspiration and again to take samples to get the natural beauty just right — which turned out to be more difficult than expected.

"The reason Brave is so incredibly challenging is because the computer likes to make things perfect, geometric," says Pixar head John Lasseter.

"When you're dealing with ancient Scotland, every single item — every stone, every tree, every structure — has a tremendous sense of history to it with layers of moss and dirt and wear from the weather. There's a certain level of detail that you need to have in order to make this kind of environment believable."

Co-director Steve Purcell admits that while they were in Scotland on business, it never really felt like work.

"It's definitely fun. We did a lot sketching and drawing, and we'd meet the local people in whatever town and ask them what kind of folklore and stories they had," Purcell says.

"(Ardanaiseig Hotel) was one of our favourites, just because it was so colourful. The owner's son gave me a wooden cross to take to my room that night. He said, 'I hope you're very strong because you have a strong ghost.'"

That sense of folklore and mystery permeates Scotland, explains Brave director Mark Andrews, who was already a fan of the country after spending his honeymoon there.

"Nothing didn't have a story. Every creek and branch and thing," he says.

"We got back and (while) developing the film, we wanted that aspect in there that every character is telling a story or knows a story, or there's a story about everything that's happening in Brave, so you get story upon story upon story upon story, interwoven in the actual movie."

While clearly a big fan of Scotland, Andrews has trouble narrowing down the best places to visit.

"Well, there's Loch Maree up in the Torridons, which is phenomenal. There's a little town called Ullapool, which I know is werewolf-infested," he says.

"On the Isle of Skye, we saw the Queen of the Faeries mound. There are these strange dolomite things in this valley, and nobody lives on that side of the valley because they think it's faery-haunted."

So, we tried to do the job for him, picking the best Brave-inspired locations for your itinerary. See left panel for details.

3 LIFE

Spectacle

Viva Cirque du Soleil

Tickets are now on sale for the latest Cirque du Soleil show to hit the Las Vegas Strip. Members of the general public can start buying tickets Friday for the Zarkana show at Aria Resort and Casino.
THE ASSOCIATED PRESS

On the web

The Associated Press sent reporters out with a tourist's itinerary on a weekday in June in New York, Paris, Tokyo, Dubai, and Buenos Aires. Scan the code to read about the prices and wait times they encountered.

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Tacos get a low-calorie makeover

Chili Thai Tacos

This meal serves two. THE CANADIAN PRESS H/O

If you ordered these Thai Tacos with slaw from a take-out establishment, they would come in at a hefty 800 calories. In this recipe, a serving is 400 calories.

Make your meal a combo with a tasty Asian Slaw.

1. Toast taco shells for 1 minute in 180 C (350 F) conventional oven.

2. In a sauté pan, heat tuna. Reduce heat to low and quickly stir in half the sour cream. Place a quarter of the tuna mixture into each taco shell. Top with lettuce, tomato and remaining sour cream. Garnish with lime.

3. Asian Slaw: In a small bowl, whisk together rice wine vinegar and Dijon mustard. Slowly drizzle in sesame oil, whisking continuously. In a separate bowl, toss cabbages and carrot together. Drizzle dressing over top and garnish with sesame seeds.

THE CANADIAN PRESS/ CLOVER LEAF SEAFOODS

Ingredients

Chili Thai Tacos
- 4 taco shells
- 3 cans (each 85 g) flaked light tuna (Spicy Thai Chili flavour)
- 60 ml (4 tbsp) sour cream
- 250 ml (1 cup) shredded iceberg lettuce
- 1 tomato, diced
- 2 lime wedges, for garnish

Asian Slaw
- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) Dijon mustard
- 60 ml (4 tbsp) sesame oil
- 50 ml (1/4 cup) shredded red cabbage
- 50 ml (1/4 cup) shredded green cabbage
- 50 ml (1/4 cup) grated carrot
- 15 ml (1 tbsp) sesame seeds, toasted

Workplace Law

Don't hesitate to question that contract

WORKPLACE LAW
Daniel Lublin
dan@canadaemploymentlawyer.com
Twitter: @danlublin

It is one of the biggest human resource blunders in the workplace — employees told to sign employment contracts after their job already begins. A recent Ontario case illustrates why.

On Anthony Fasullo's third day of work with Investments Hardware Ltd., he found himself in a pickle. He was given an employment contract containing a vast limitation on any future severance and told to sign his name.

However, Fasullo was not previously informed that he would have to sign a contract with any limitation on severance and worse, he had just resigned from another position to take this job. Therefore, his options were grim. He could sign the contract and agree to the limitation or he could refuse and potentially be unemployed. Not surprisingly, Fasullo signed his name and continued to work as before.

The legal impact of the contract Fasullo signed remained dormant until he was fired, several years later. At that time, Investments Hardware sought to enforce the contract in order to pay Fasullo only a small amount of severance.

Employees in Canada are entitled to fair severance payments upon their terminations, unless there is a contract that specifies some other amount. In order for that contract to be enforceable, however, there are a few rules. First, employees must voluntarily agree to the contract, otherwise it may be set aside.

Rules in writing

"Employees in Canada are entitled to fair severance payments upon their terminations, unless there is a contract that specifies some other amount."

In Fasullo's case, the implication was that since he resigned from another job to start work at Investments Hardware, he was in no position to refuse to sign the contract, since he could be left without a job.

Second, when an employee is given a contract after he or she starts a new job, the contract must provide them with something of additional value in exchange for signing the contract. Otherwise, as in Fasullo's case, employers can impose conditions, including punitive ones, and employees are left without any leverage to negotiate. On this basis, a judge recently struck down the contract and awarded Fasullo damages for wrongful dismissal.

The human resources lesson here is clear. Employees should challenge employment contracts where the facts and circumstances present them with that opportunity.

This is because courts continue to hold employers to strict rules where an employment contract provides for anything less than what is considered fair.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN.

Diving

Despatie says he was concussed in diving incident

After initial reports Canadian diver Alexandre Despatie didn't suffer a concussion in a diving accident last week, the two-time Olympic silver medallist confirmed Tuesday he did have one.

Despatie hit his head on the board last week in Madrid while training for a Grand Prix event.

He returned to Canada on the weekend where he saw a specialist who concluded he did have a concussion.

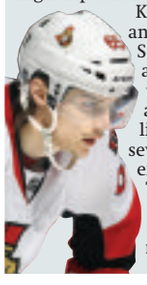
THE CANADIAN PRESS

Alexandre Despatie
GETTY IMAGES FILE

NHL

Senators and Karlsson agree to seven-year deal

Erik Karlsson has been rewarded for his breakout season with a new hefty contract extension, but the star Ottawa defenceman knows it comes with high expectations.



Karlsson and the Senators agreed to terms on a $45.5-million US, seven-year extension Tuesday.

THE CANADIAN PRESS

England's John Terry clears the ball away from his goal Tuesday in Donetsk, Ukraine. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Rooney scores winner in return from ban

Euro 2012. England gets victory over Ukraine amidst controversy over a disallowed goal

Only one goal counted, and it belonged to Wayne Rooney.

The England striker returned from a two-match suspension to head in the lone goal Tuesday and give his team a 1-0 win over Ukraine and a spot in the European Championship quarter-finals. The co-host Ukrainians, however, will leave the tournament knowing that things could have been different.

Needing a win to advance, the Ukrainians thought they had equalized in the 62nd minute when Marko Devic's looping shot appeared to cross the line before it was hooked clear by England defender John Terry. But the goal was not awarded by the referee or his extra assistant, who was half-standing on the field only a few metres from the post.

"The goal that wasn't given really changed our plan because if it was given, I think the whole game could have looked another way," Ukraine captain Andriy Shevchenko said through an interpreter. "We tried to give Ukraine a gift but we weren't able to do it."

Although a draw still would have eliminated them, the equalizer would have given the team hope knowing that another goal would put Ukraine through to the quarter-finals.

The controversy will likely add to the pressure on UEFA president Michel Platini to reverse his opposition to goal-line technology.

It was Rooney, however, who did manage to put his team on the scoreboard.

England captain Steven Gerrard whipped a cross into the penalty area that glanced off two defenders before Ukraine goalkeeper Andriy Pyatov let it slip through his hands as he crouched to collect the ball. Rooney was primed at the far post and made it count.

"I was always putting myself in goal-scoring opportunities," Rooney said. "I could've done better with a couple more but I got the goal and it's three points."

Rooney missed the first two Euro 2012 matches through suspension. He was sent off in the team's last qualifier in October, and received a three-match suspension that was eventually reduced to two.

With the victory, England won Group D and will next face Italy in Kyiv on Sunday.

THE ASSOCIATED PRESS

Sweden tops France

- France limped into the knockout round of Euro 2012 despite a 2-0 loss to Sweden in its final group game, showing how much the team needs to improve to be true contenders.
- The French finished second in Group D and will face Spain on Saturday in the quarter-finals.

Miami turns up Heat with third straight win

Chris Bosh, left, comes up with an offensive rebound from Serge Ibaka Tuesday in Miami. AL DIAZ/THE ASSOCIATED PRESS

LeBron James better get well fast. He's about to play for a championship.

Hardly able to move, James returned from a left leg injury to make the tiebreaking three-pointer with 2:54 remaining and the Miami Heat held off Russell Westbrook and the Oklahoma City Thunder for a 104-98 victory on Tuesday night and a 3-1 lead in the NBA finals.

With James watching the final moments, Mario Chalmers finished off a stellar 25-point effort that matched Dwyane Wade. James had 26 points, 12 assists and nine rebounds, only missing a triple-double because he was on the bench at the end after hurting his leg with a fall to the court.

Game 5 is Thursday night and James will have a chance to finish a championship chase that started in Cleveland before he famously — or infamously — left for South Florida. No team has blown a 3-1 lead in the finals.

"Whatever it takes. No excuses," Wade said. "You don't want to leave this arena saying you missed opportunities."

Westbrook scored 43 points for the Thunder, who wasted an early 17-point lead but were never out of the game because of their sensational point guard.

THE ASSOCIATED PRESS

Game 4

Heat	Thunder
104	98

4 SPORTS

NHL

Referendum on Coyotes deal can go forward

Voters in Glendale, Ariz., can go ahead with a referendum on a lease agreement between the city and the prospective owner of the Phoenix Coyotes after a judge invalidated one section of the ordinance. Maricopa County Superior Court Judge Dean Fink on Tuesday asked attorneys for the city and conservative watchdog group Goldwater Institute to rewrite a section of the ordinance to show that it was not passed as an emergency measure. Residents now have 30 days from the June 8 Glendale city council vote to gather signatures for a public referendum on the agreement. Fink said he will issue a ruling on Goldwater's attempt to invalidate the entire ordinance soon. Glendale's city council voted 4-2 in favour of the $325-million lease agreement with potential Coyotes owner Greg Jamison.

THE ASSOCIATED PRESS

On the web

It's been over a year since Canadiens forward Max Pacioretty suffered a broken neck on a hit from Bruins bruiser Zdeno Chara in Montreal. And with Pacioretty a Masterton Trophy nominee at Wednesday's NHL awards in Las Vegas, the Habs scorer is expecting questions regarding the incident to arise once again. Scan the code for the story.

5 DRIVE

V8 Explorer a safe bet for the busy family

TORSTAR NEWS SERVICE

What Owners Like

Looks, a stable and comfortable ride, and an overall "safe" feel to the last-generation Explorer were noted by many drivers. Many say Explorer feels "strong," rides well and has a fast-acting traction control system for stable performance.

What Owners Dislike

Common complaints aside from the standard SUV fuel-consumption gripes include limited at-hand storage space, and limited rear seat room.

On the Web

Scan code for more car reviews and news

Second Gear.
2006 to 2010 Ford Explorer

JUSTIN PRITCHARD
drive@metronews.ca

Shopping used? Have a family or boat and need a four-wheel drive that's spacious and tough? The Ford Explorer is worth a look.

Available in its last generation from 2006 to 2010, riding an actual "truck" frame platform and fitted with a real four-wheel drive system, Explorer was engineered for real-life capability.

Feature content included Ford's keypad system, automatic climate control, power-adjustable pedals, heated leather, a sunroof and more.

Engine

Look for four-wheel drive and automatic transmissions all around. Explorer's standard four-litre V6 engine made 210 horsepower, while a 4.6-litre V8 turned in 292 ponies.

Common Issues

On earlier models, check the transmission for smoothness while shifting between reverse and drive, and note any slipping or hesitation when accelerating from a stop.

Any drivability issues related to the six-speed transmission (standard on V8-powered models) are likely computer-related and not catastrophic.

The five-speed automatic teamed up with the V6 engine is noted to be more problematic and less robust, making the V8 powertrain a more sensible choice. Some stalling issues were also noted on the V6-powered models, backing this point.

On any Explorer, check for proper air conditioning performance, and have the underside of the vehicle checked for fluid leaks — especially coolant leaks. Also have the underside checked out for signs of rust, off-road abuse and worn suspension components.

Ensure you're able to toggle between all 4x4 modes as outlined in the owner's manual.

Verdict

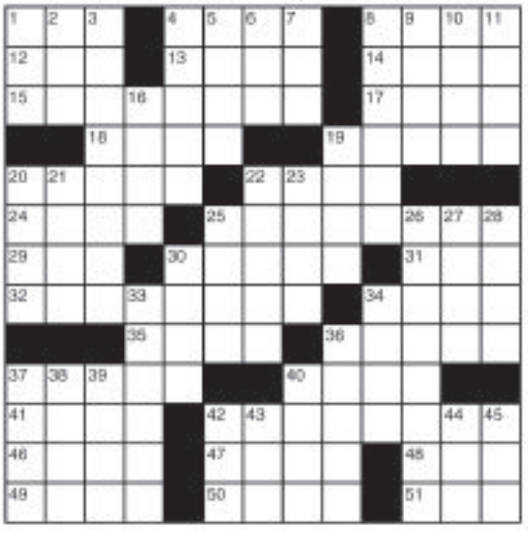
Used Explorer shoppers are advised to avoid the earlier years of this model and stick to V8-powered units where possible. A well-maintained Explorer free of notable issues should prove the most reliable.

Across

1 Woman, slangily
4 Information
8 "— of Our Lives"
12 Diva's problem
13 Hodgepodge
14 Acknowledge
15 Script
17 Start of something big?
18 Hoodlum
19 English homework
20 Say it's OK
22 Recording
24 Dorm dweller
25 Fossey subjects
29 Slapstick missile
30 Invigorant
31 "A Chorus Line" song
32 In the cards
34 Pesky flier
35 Crystal gazer
36 Wade of baseball
37 Inlets
40 Architect — Ming Pei
41 Condo, e.g.
42 Look of sadness
46 H look-alikes
47 Advantage
48 Annoy
49 Clinton competitor
50 Borscht ingredient
51 "Catcher in the —"

Down

1 Solidify
2 Past
3 Spiderlike "daddy"
4 "Impossible!"
5 Joie de vivre
6 Triumph
7 Turf
8 Maiden
9 Erstwhile ova
10 Relaxing exercise
11 Convince
16 OK
19 Grand story
20 Shot a hole-in-one
21 Theater box
22 Photocopier need
23 Desertlike
25 Vanished
26 Lover of classical music
27 Scrambled wd.
28 Collections
30 Haberdashery rackful
33 Sleeping-sickness carrier
34 Slip-up
36 Sire
37 Prompted
38 Knowing about
39 Lab container
40 "Bus Stop" writer
42 Beirut's land (Abbr.)
43 Praiseful piece
44 Turn on the waterworks
45 Supplement, with "out"



2	9			3			5	
	7			4			8	3
	8				6			
		7	9		8			
5								1
			4		1	7		
			3				1	
9	4			8			3	
	5			6			7	2

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	2	8	3	5	1	4	6	9
6	9	3	4	2	8	1	7	5
1	5	4	9	6	7	3	8	2
2	6	1	5	9	3	8	4	7
8	4	9	7	1	6	5	2	3
3	7	5	8	4	2	9	1	6
4	1	6	2	3	5	7	9	8
5	8	2	1	7	9	6	3	4
9	3	7	6	8	4	2	5	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

FL CQUU-VJEXNPMR HOYPMXYY KQY HXXM RXZZPMR FOVK YUJCXN, LJO FPRKZ YQL AQAXNPMR PY ZQAXNPMR.

Yesterday's Cryptoquip: IF YOU'RE MUCH MORE SPEEDY THAN ALL OTHER COMPETITORS, ONE COULD SAY YOU'RE FASTLY SUPERIOR.

Today's Cryptoquip Clue: F equals M

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Minor disputes will only turn major if you allow your emotions to rule you. On the home front, you should strive to be more forgiving of weakness.

Taurus | April 21 - May 21. As the Sun moves away from the money area of your chart today, you should consider giving up on a project that has not worked out the way you intended. Don't waste more time.

Gemini | May 22 - June 20. You may find yourself lacking in energy today but that's to be expected after all the efforts you've made in recent weeks.

Cancer | June 21 - July 22. The Sun in your sign over the next four weeks will make all things possible, but don't go mad and start taking foolish risks.

Leo | July 23 - Aug. 22. A clash of opinions is likely today and you are likely to be quite aggressive in defense of your views. Is it worth it?

Virgo | Aug. 23 - Sept. 22. There is no need to be cautious and there is no need to believe rivals are out to get you. Even if they are, you have what it takes to outwit them.

Libra | Sept. 23 - Oct. 22. The Sun crosses the career angle of your chart today, helping you to impress people in positions of power. Your ideas and actions will in turn have a big influence.

Scorpio | Oct. 23 - Nov. 21. You may be conservative by nature but that does not mean you are incapable of original thought — far from it in fact. Get together with like-minded people to work on an idea.

Sagittarius | Nov. 22 - Dec. 21. It will pay you to be a bit more secretive today. There are some things that even your best friend should not know about you.

Capricorn | Dec. 22 - Jan 20. You are midway through your solar year, making this a good time to take stock of how far you have come and how far you still have to travel.

Aquarius | Jan. 21 - Feb 18. The Sun moves into the area of your chart that governs your work and your wellbeing today. Ask yourself: Am I happy with what I'm doing? Am I at my physical best?

Pisces | Feb. 19 - March 20. As the Sun begins a four-week spell in the most dynamic area of your chart, you are full of big ideas and even bigger plans. **SALLY BROMPTON**

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Caption Contest

"I hear Atlas is retiring, and I want to audition for his job."
Liz

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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